

18:35 Mind/Body

Student/Fac-Staff

M / W	12:05pm	7/9-8/8	*Yoga Flow	\$30/40
M / W	4:50pm	7/9-8/8	*Yoga Flow	\$30/40
T / TH	4:50pm	7/10-8/9	Yoga'lates	\$30/40

*Yoga Flow is 55 min

X-Training & Sculpt

Student/Fac-Staff

M / W	12:10pm	7/9-8/8	Boot Camp	\$30/40
M / W	4:50pm	7/9-7/25	*Total Body	\$15/25
Tuesday	5:00pm	7/10-8/7	Core N'More	\$15/25

*Total Body is a 3 week class

Aerobics

Student/Fac-Staff

Tuesday	4:50pm	7/10-8/7	Zumba	\$15/25
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Cycle

Student/Fac-Staff

M / W	5:00pm	7/9-8/8	Cycle 50	\$30/40
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Online Registration

Session II

BEGINS July 2 at 10:00am

Registration available only online at:

recreationservices.syr.edu

Payment

Registration and credit card payments are online at:

<http://recreationservices.syr.edu/recstore/>

If paying by CHECK, please email Angie Petrie (apetrie@syr.edu) to schedule an appointment to bring payment in the main office at Women's Building RM 003. Please ensure this occurs ASAP as your spot is not guaranteed until payment is received.

There are **no refunds** for summer classes.

Class price rates

Student = Students

Fac-Staff = Faculty/Staff/Spouses/Alumni

Forms of Payment:

Credit Cards online at

<http://recreationservices.syr.edu>

Personal Checks: Schedule meeting with Angie Petrie (apetrie@syr.edu)

There will be a \$20 charge on all returned checks.

Aqua Fitness

Student/Fac-Staff

M / T / W	11:10am	7/9-8/8	Shallow	\$40/50
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Swim Lessons

Student/Fac-Staff

Monday	2:10pm	7/9-8/13	Beginner	\$20/30
Friday	9:40am	7/13-8/10	Beginner	\$20/30

Golf Lessons

Student/Fac-Staff

Wednesday	5:30pm	7/11-8/8	Beginner	\$40/50
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Golf Lessons are 1-hour and held at Drumlins Golf Course

Tennis Lessons

Student/Fac-Staff

Monday	5:30pm	7/9-8/6	Beginner	\$25/35
Monday	6:35pm	7/9-8/6	Beginner	\$25/35

Tennis Lessons are 1-hour and held at WB Courts

All Fitness Classes are 50-minutes unless otherwise stated.

Fitness Class Descriptions

Adult Swim Lessons:

- **Beginner:** participant has little or no swimming skills. American Red Cross (ARC) level 1-3.
- **Intermediate:** attended beginner class and can swim 25 yards with two strokes.

Aqua Fitness: A challenging water workout with little impact on the joints, using all major muscle groups to enhance total body fitness in the aquatic environment. Water shoes are required for shallow water. Flotation belts are provided for deep water.

Boot Camp: Jump up the intensity with strength, power, cardio and flexibility. This class mixes weights, cardio and more. From beginner to advanced, this class is for everyone

Cycle 50: As close to outdoor cycle as it gets from the inside. Participants will burn calories and have fun with instructor-driven music and drills.

Golf: Meet at the Drumlins Driving Range

- **Beginner:** Little to no experience with golf.

Yoga: This class will include classical yoga postures, warm ups, breathing techniques, and relaxation methods.

Yogalates: Merges the ancient practice of Yoga from the east with the core stabilizing, posture enhancing dynamics of Pilates from the west. Will include exercises and poses (asana) to cultivate strength, stamina, stability and flexibility with particular attention paid to building tone in the deeper postural "core" muscles. These protect the spine against injury, support the internal organs and foster pelvic and spinal awareness to promote good posture.

Zumba®: Combines hip-shaking Latin Dance moves with high-energy aerobics. This workout will blow you away!

SUMMER Fitness Classes

**2018 SUMMER SESSION II
Online Registration
begins Monday,
July 2 @ 10:00 a.m.
recreationsservices.syr.edu**